



FAIHP

Fresno American Indian Health Project

DRUM BEATS

Volume 8 • Issue 2 • February • 2015

FAIHP Community News

At January's Community Advisory Board(CAB) meeting, we finalized the introduction for the group and gave training on the Systems of Care grant; which will help FAIHP on collaborating and expanding services.

Thank you to Rena Picaso from Owens Valley Career Development Center for giving a presentation at the CAB meeting! The community learned about qualifications at OV CDC and their upcoming events. They also had the opportunity to know Rena on a more personal level by sharing laughs and taking part in energizers.

An upcoming event is the Women's Self Defense class through Family Formation; with mandatory orientation on February 10th at 5:00 p.m. Call Nichole Gonzales at (559) 226-2880 for more information if you or anyone you know might be interested.



We welcome everyone who wants to become more involved in the community; to get to know other Natives in Fresno, find out about resources, learn of events, and play an important part in our community.



We have lots of "new" faces here at FAIHP, visit our website and go to our staff page to see all the new staff thus far! We welcome Suzanne Moineau, Amber Molina, Anna Marie Hinojosa, Renee Ingalls & Pete Molina to the team!

The next CAB meeting will be Monday, February 23 at 10 a.m. Please join us, as we will discuss past and future community events.

We would like to Thank Dirk Charley and the Sierra Native American Group for their generous donation of 10 Christmas trees to our FAIHP families.

Follow Us on:



We are looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

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Youth News & Events!

As the new year 2015 comes around, new editions and great achievements have been made here at Clubhouse.

Clubhouse would like to welcome Marissa R. a WEX worker hired here for the next few months to gain experience in working with children and in office work.

A message from Marissa.

"It has been a wonderful experience working with Paula and the kids. From the first day here at clubhouse I felt welcomed and excited to learn. I've had the opportunity of watching the children build relationships with one another and break out of their shell in a loving environment. From being here I have learned how important it is for children to have a place to come to and feel welcomed among peers. Some of the things we do to keep the children involved and excited at clubhouse is plan age appropriate activities for the different age groups and tie in Native aspects."

The youth have been working on dream catchers and feathers that are now hanging proudly. To promote native heritage we had them write their tribe on the feathers and also had the opportunity of having Anna Marie come by and sing a few native songs with us. As for our teens, they have learned a new creative way to express themselves by making spray paint portraits that are going to be entered into the Californian Indian Education Conference. We were happy to have Darlene F. and Lalo F. as guests to come and join our talking circles with the boys and girls groups and help us make native design tee shirts using fabric paint.



On Wednesday, January 14 Megan Rupe from CBS 47 news came to shine a light on clubhouse for being a positive safe place for our Native youth to have a place to call their own. Clubhouse was honored to be highlighted as a positive place for our Native people to congregate.

STAR STUDENT OF THE MONTH



Clubhouse is pleased to announce Daniel C. as our Star Student of the month. We are proud to acknowledge achievements of a 4.0 GPA for the first time this past report card. His hard work and dedication has proven that goals are achievable when you set your mind to it.

Way to go Daniel! Keep up the good work! Clubhouse would like to use Daniel as an example to encourage other youth to achieve their personal goals.





Show Your Heart Some Love in February by Eating for Heart Health!

Did you know that heart disease is the #1 cause of death for Native Americans? Even though heart disease may run in your family, simply making a couple diet and lifestyle changes today can make a huge impact on your health tomorrow. February is National Heart Disease Awareness Month, so what better time to make some changes than right now?

Step 1: Lower and/or maintain a healthy cholesterol level

The fats in the foods you eat may make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Lowering the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level. So:

- Choose liquid fats like olive oil and other vegetable oils instead of solid fats like lard and butter.
- Choose healthier ways to prepare your foods, like baking and roasting instead of deep frying.
- Choose lower fat protein sources like chicken breast, pork roast, and even beans instead of bacon, sausage, and chicken thighs with their skin.

Step 2: Lower and/or maintain a healthy blood pressure

A low-sodium (salt) diet may prevent build-up of extra water in your body, which has a direct effect on blood pressure and heart health. Even if you take a pill for blood pressure, it is still important to have less salt in your diet. So:

- Avoid salting your food at the table. Use herbs and spices to give your food flavor. Over time, your taste buds will adjust and you won't believe how salty your old favorites used to taste!
- Eat less frozen dinners, lunchmeats, pickles, potato chips, sauerkraut, processed cheeses, canned soups, and canned pasta sauces. These foods usually have a lot of added salt.

Step 3: Lose and/or maintain a healthy weight

If you weigh too much, your heart has to work harder which can damage it over time. But don't be overwhelmed, even a small weight loss can make a huge impact. So:

- Watch your portion size. Keep in mind that all foods have calories, so avoid large amounts and second helpings.
- Be active. You should try to be physically active for 30 minutes on most, if not all, days. Break it up into 10 minute chunks if you need to.
- Keep it up! Don't get upset with yourself if you mess up, forget to exercise, or eat a second helping. Remember: it is better to eat well and be active most of the time than to be perfect, mess up, and give up forever.

Fruits, vegetables, and whole grains contain nutrients that naturally help lower your cholesterol, are low in salt, and are even low in fat and calories to aide you in your weight loss journey! Remember to add more servings of these super foods to your diet this month.

WOMEN'S HEART HEALTH



1. Heart disease and stroke in women

- Heart disease is the first leading cause of death in the United States. Also known as the silent killer in women since the symptoms women experience are often different from men.
- Women represent 51% of deaths from this disease. Symptoms are often mistaken for other illnesses.
- Common risk factors are high blood pressure, smoking, diabetes, physical inactivity, and high cholesterol levels.

- Breaking out in a cold sweat, nausea, or lightheadedness.
- General feeling of being ill, much like flu symptoms.

4. Signs and Symptoms of a Stroke in Women

- Loss of consciousness or fainting
- General weakness or numbness
- Confusion or unresponsiveness
- Sudden behavioral change
- Sudden headache

2. Occurrence

- Stroke: Each year about 55,000 more women than men have a stroke. Native American women experience 27.9 deaths from stroke per 100,000 population.
- Heart attack: About 435,000 women suffer from a heart attack each year.

3. Signs and Symptoms of a Heart Attack

- Uncomfortable pressure (similar to an elephant sitting across the chest), squeezing, fullness, or pain in the center of the chest, may also feel like indigestion.
- Pain or discomfort in one or both arms, back, neck, jaw, or stomach.
- Shortness of breath with or without chest discomfort.

5. Keeping the Heart Healthy

- Do not smoke. Smoking causes the arteries and veins to stiffen. It puts more pressure on your heart to work.
- Do some type physical activity for at least 30 minutes a day. Do not overwork yourself. An enjoyable physical activity can be a power walk with your pet or family/friend, riding a bike, and dancing.
- Keep your blood sugar and blood pressure under control, eating a healthy diet and taking your medications as prescribed.
- Recognize the signs and symptoms of a heart attack and stroke.
- Visit your doctor regularly.

CBANS is Ready for 2015

CBANS is ready for 2015, and looking forward to having another great year! With a New Year comes new beginnings and with new beginnings comes opportunity. In January CBANS has taken advantage of these opportunities by staying active in the community and offering provision where ever needed. CBANS has been offering a stress management beading class that has proven to provide stress relief and excellent beading techniques. Our dedicated artists are creating some of the most beautiful art pieces, and they are willing to share their knowledge and provide a very warm learning environment. CBANS has a growing group of artist and welcome any and all community members to come join! For more information you can call the FAIHP office and ask for Ruben.



CBANS would like to thank CVIH for the invitation out to the annual Eagle Walk event. CBANS was delighted to see the community come together and have the opportunity to socialize and enjoy the scenic view of Millerton Lake. It is always a blessing being able to see the eagles, while getting in some desirable exercise on the walk.

A word from the WISE- Respect is the center of success and happiness. You have to respect yourselves above all, and live by the teaching of right and wrong. Walk in Beauty! – Grandma Lorraine

CBANS is all about cultural connectedness and is not only a program that serves the Native American communities. CBANS has many partners in the Fresno area, and in fact met with one of the more interesting CBANS partners this month. At this get-together CBANS got to learn more about the Punjabi population, culture and traditions. CBANS would like to remind everyone that our community is very diverse and we are blessed to be among so many people who can share so many similar values.

Our local elders have been coming together and enjoying each other's company at our monthly WISE meetings. CBANS provided a time at the WISE for the elders to go over what they valued in family and friends; and how they apply those values to set an example for the future generations. It is always a blessing to hear the stories and the words of wisdom from our elders. Not only was it a blessing, it was fun playing the "Game of Things" and hearing the questions and answers of our elders.

WISE Support Group: TBA Call for details
Stress Management: TBA Call for details
Tues.Tea: Twice a month TBA Call for details
Wellbriety: Weds at 7:00pm - 9:30pm

Times and Dates are Subject to change Please call Ruben Garcia at (559) 320-0490



SAVE THE DATE - JULY 13-17, 2015

**SIGN UP BY MAY 15
TO SECURE YOUR SPOT!**



Have a **blast** while learning about your **culture**, meet **new friends** and connections in the **native** community. This highly interactive camp will teach you the principles of **GONA** in a new and **fun** way!
Be sure sure to sign-up by the deadline to secure your spot!

There will be a mandatory orientation for youth participants.

Please make sure youth turn in the needed documents:

- Completed and signed registration packet
- Copy of youth's insurance card
- Completed information regarding allergies or medication taken by youth



Fresno American Indian Health Project

Contact Rachel Ramirez for
more info: (559)320-0490

FEBRUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day JUST WALK 11-12PM at Manchester Mall	3 Beading Class	4 Exercise Class 11-12 Wellbriety 7:00-9:30pm	5 Beading Class	6	7
8	9 JUST WALK 11-12PM at Manchester Mall	10 Beading Class	11 Exercise Class 11-12 Wellbriety 7:00-9:30pm	12 Lincoln's B-Day Fresno WISE 12-2pm Beading Class	13	14 Valentines Day
15	16 Presidents' Day Office Closed	17 Beading Class	18 Exercise Class 11-12 Wellbriety 7:00-9:30pm	19 Chinese New Year Diabetes Class 1pm-3pm Beading Class	20 Youth Council TBD	21
22	23 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	24	25 Exercise Class 11-12 Wellbriety 7:00-9:30pm	26 Fresno WISE 12-2pm	27 CSR WISE 1:30-3:30pm	28
1	2	3	4	5	6	7
8 Daylight Saving	9	January 2015 S M T W T F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		March 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

MARCH 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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29	30 JUST WALK 11-12PM at Manchester Mall	31	1 April Fool's Day	2	3 Good Friday	4 Passover
5 Easter	6	February 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		April 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		

All events are subject to change. Please call for more info (559)320-0490



FAIHP

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Follow Us on:



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FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check or by logging on our website & utilizing the PayPal "donate" link.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DONATION AMOUNT: _____

Please make all checks payable to:

Fresno American Indian Health Project

1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

Our services include:

- Health Screenings
- Mental Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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